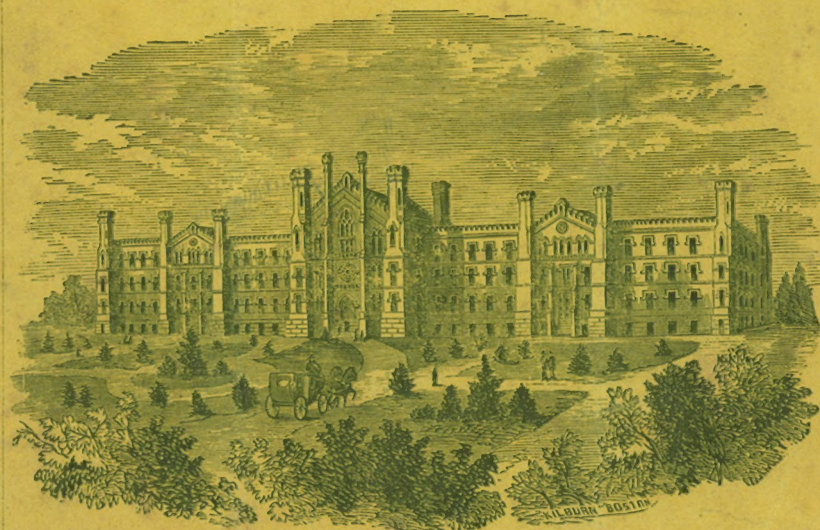


*See page 15*

New York State Inebriate Asylum.



A CIRCULAR.

BY THE SUPERINTENDENT.

BINGHAMTON, N. Y.

1870.

LAWYER BROS., PRINTERS.

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New York State Inebriate Asylum.

—♦♦♦—  
A CIRCULAR.

*By the Superintendent.*

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# New York State Inebriate Asylum.

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*On Construction and Repairs.*—Ausburn Birdsall, William P. Pope, Charles McKinney, Horace S. Griswold, S. C. Hitchcock.

*On Management and Discipline.*—Rev. George N. Boardman, D. D., Chas W. Sanford, Dr. George Burr, Dr. John G. Orton, Ausburn Birdsall.

For the information of those desiring to avail themselves of the advantages of this Institution for the purpose of reformation, as well as for the friends of that unfortunate class of men, and the public generally, it is proposed that a circular be published, (including a copy of the Rules and Regulations, and blank forms of Application and Obligation, which may be seen at the close of this article,) setting forth the beneficial results to be derived from being placed here under treatment and discipline a proper length of time, with the hope and expectation that those admitted will be relieved of the habit and appetite created and sustained by the excessive use of intoxicating drinks.

The medical treatment called in requisition for the relief and cure of this peculiar class of patients requires no extended remarks from us at this time in an article of this description; but for the information of all will add, as far as we are able to learn and judge, no plan of treatment has been adopted here, or at similar institutions in this country, different from that practiced by the profession generally. Nearly all the patients admitted here are, on their arrival, more or less under the influence of alcoholic drinks, the sudden discontinuance of which, in some instances, causes unpleasant and troublesome symptoms, that call for medical aid; many of the patients arrive here in a feeble, exhausted and emaciated condition, consequent upon the free and long continued use of strong drinks; that class, like the former, only require the ordinary medical treatment resorted to by all intelligent and skillful physicians. In the after-treatment medical men are supposed to know that patients who desire to free themselves from the habit of intemperance will be assisted by hygienic measures, and remedies calculated to invigorate and improve the body, which must add strength in the same ratio to the mental powers. In connection with



this part of the subject, we will state that from observation and experience the profession appreciate the truth of the statement, and recognize the fact, that the percentage in favor of the successful treatment of patients in hospitals, is largely in excess of those in private practice. In hospitals the physician not only prescribes the necessary medicines, but directs the dietetic and sanitary measures that are requisite in the treatment of each individual case, which is strictly adhered to and carried out by intelligent and trustworthy assistants. In this Institution the patients are expected to receive the benefits conferred by all well-regulated hospitals; and in addition, they are deprived of the temptation to gratify a morbid appetite, and effectually removed from all intercourse with their former associates and associations, which made them powerless in their own efforts at reformation.

The object of this Institution is to offer an asylum to that class of men who have become slaves to a despotic appetite, which incapacitates them in mind and body for all kinds of employment. Mentally, they are lost to themselves and friends for present usefulness, and apparently regardless of their future well-being; physically, they are almost invariably a mere wreck of their former days: as a class, when under the influence of stimulants, are destitute of nearly all self respect, a burden and mortification to their friends and a disgrace to society. We say this Institution offers an asylum for this class of men, to which they may come to be cured and learn to make themselves *men* once more—sober men, temperance men, valuable and useful members of society, just what God intended they should be.

For the information of the public, and to save ourselves the daily labor of answering every conceivable question of our numerous correspondents by letter, we simply propose to state in a concise manner the general principles upon which the institution is conducted, and the treatment and means instituted for this peculiar class of patients, coming here honestly seeking and hoping for reformation and recovery.

The Asylum buildings are large and commodious, situated on a commanding eminence two hundred and fifty feet above the Susquehanna River, surrounded on all sides by landscape

scenery of uncommon grandeur and beauty. The pleasant and growing city of Binghamton in plain view, situate about two and a half miles west of the Asylum grounds, contains a population of fifteen thousand inhabitants. The city may be reached by four important railroads, two of which pass through, and two terminating at that point, which makes the Asylum easily accessible from every section of the country. Nature and art have done all in their power to make this place a desirable retreat for those unfortunates, broken in spirit and diseased in mind and body. The beauty of its scenery, the mildness of its climate, and the health of its inhabitants, attest the wisdom and sagacity of those who had the locating of the Institution in this healthy and picturesque section of the State. With all these inducements well calculated to please the eye, improve the mind and body, occupy the time and attention of the patients—which are hygienic in their character—there are in addition other reasons. Each patient is provided with a spacious room, neatly furnished, well ventilated and warmed, and very pleasant, looking out from each room on a landscape of great beauty. The table is supplied with all that a person can desire or wish for; in fact, every convenience and comfort is afforded that is usually found in and about our first-class hotels. The grounds consist of about four hundred acres, beautifully laid out, which gives all the necessary room for walking exercise and the ordinary out-door manly sports.

The patients have formed themselves into a Literary Club, which affords much pleasure and amusement to many of them. It has a well selected library, and subscribes for nearly all the leading monthly magazines published in this country and Europe. A goodly number of the leading daily newspapers are also taken.

The Institution contains a large Library for the use of the patients; an excellent selection, well adapted to their wants, and they are sought after and read, which occupies the time and diverts the mind from other and more unprofitable pursuits and reflections.

The Asylum contains a spacious Chapel, finished in a beautiful and attractive style of Gothic architecture. It will



accommodate an audience of over three hundred persons. The Institution is provided with a Chaplain, whose duty it is not only to conduct the religious services, but by personal intercourse with the patients to render counsel and aid as they may need. These services are held at fixed times every day, morning and evening, and the usual preaching service on the Sabbath. The services are a requirement of the Institution, and are unquestionably well calculated to exert a salutary influence upon all who are making an effort for their restoration.

Previous to the late fire (in March last) the Asylum contained billiard tables, bowling alleys, and a gymnasium, the loss of which is sadly felt at the present time. We are informed it is the intention of the Trustees to replace the same at an early day. In cold, stormy and unpleasant weather they afford pastime and amusement for many of the patients.

It is a noticeable fact that there is a marked improvement from week to week in all patients with scarcely a single exception. The emaciated and feeble become fleshy and strong; the nervous quiet and contented; those of a melancholy disposition more cheerful; with all these improvements in bodily health, there is an evident corresponding strength of the intellectual faculties and will power. All these changes for the better are undoubtedly the result of the hygienic, medical and moral treatment and discipline they receive, together with their firm determination to lead a different life in the future, and become *total abstinence men, in which lies their only safety*. We are pleased to say much the largest majority of that class of patients leave the Institution reformed men, a credit to the Asylum, a blessing to their relatives and friends, and valuable members of society.

But little good results are secured to those patients who are urged to come here against their will, or who are committed by an order from the Court. As a rule their permanent reformation may be considered as extremely doubtful; yet it may be, after due reflection on their part, in connection with kind and judicious treatment on the part of those under whose guardianship they are placed, together with the example of that better class of patients who are here for the

purpose of a true and permanent reformation, that they may be ultimately reclaimed. No one should be considered as completely hopeless so long as there exists in the patient any evidence of self-respect, or the least desire to become a better man. But among this number are those who desire no reformation, and have not sufficient comprehension to understand the value of that reformation, and who care not whether they are blessings or curses to their friends and society, and who are entirely lost to all sense of shame. We are convinced it is owing to the failure of reclaiming this class of men that the Institution, by some, has been pronounced a failure—an opinion clearly erroneous and unjust.

One very important question is frequently asked by letter, What is required of patients while under treatment? The answer to that question is, a strict obedience to all the rules of the Asylum.

In all institutions of a public character, where a number of men are collected together for any object whatever, it is important that the patients, or inmates should be governed by rules well calculated to preserve order and to insure a perfect system in the management of all its internal and external relations. It has long been conceded that "order is the first law of nature." To have order we of necessity must have rules, and to secure perfect order these rules must be complied with; they must not be deviated from in one single instance; the moment one rule is disregarded and suffered to pass unnoticed by those in authority, from that moment confusion and discord are certain to make inroads upon the best organized institution ever devised by man. It is absolutely necessary that perfect order should be maintained in the Asylum—the rules should be promptly and cheerfully obeyed, which will facilitate the dispatch of business, promote harmony and kind feelings among all parties, and add to the pleasure comfort and convenience of all concerned. When we look upon the rules as one of the principal means of treatment employed for the reformation of inebriates, we see at a glance the greatest necessity for such rules, by which they should be governed, and to which their willing obedience to every requirement should be secured. A number of men collected together, all aiming at



the same result, viz: an improvement of mind and body: professional men, business men, and gentlemen, and men from nearly every vocation in life, all striving and determined to reform from an unfortunate habit and appetite that was dragging them down to the lowest depths of degradation and misery; a class of men assembled together, of different tastes, different dispositions, and different in everything that goes to make up a man's character—hardly two parallel cases—with such a class, how important that as a body they should be governed and guided by rules that were instituted wholly to assist in their reformation and recovery. We cannot well imagine a class of men that require to be subjected to a few simple rules more than the patients of this Institution. Without an obedience to these rules the object of the Asylum cannot be secured; a disregard for them makes the experiment a failure. Men that come here with a firm determination to reform, with a disposition and will to lead a different life in the future, and are determined to remain sober, respectable, and useful men the remainder of their days, should be willing and anxious to have rules made applicable to their peculiar condition—rules, which, if complied with, will assist as much as all other means combined to secure a permanent reformation. After mature reflection, and repeated attempts, these rules have been adopted by the Board of Trustees, a compliance with which on the part of the patients will, in their opinion, materially assist them in their recovery. The Trustees have labored long, and are still willing to do all in their power for the good of the patients, and their obedience to these few simple rules is all the recompense they ask or desire. The Board of Trustees are all eminent men, composed mostly of clergymen, physicians, and lawyers, representatives from nearly every section of the State.

It is desired and expected of those that make application to be admitted here as patients, that they should come with a proper understanding of all the rules at the close of this article, and a willingness and determination to obey the same.

In conclusion, we will here state that it is expected of the Superintendent that he will enforce a strict obedience to all the rules of the Institution, and we now take this opportunity

to inform all who have been admitted since we have been placed in charge, and all who may hereafter be received as patients, that a strict observance of the rules is absolutely necessary to their being retained in the Asylum.

We will call the reader's particular attention to rules second, third, fourth, and fifth, which must be obeyed in every particular. If there is one rule in the whole list of more importance to the patients than any other, it is the fifth, which is imperative that it should be carefully and strictly regarded. No appeal can be made from that decision, except to the Board of Trustees or the Committee on Management and Discipline.

D. G. DODGE, M. D.,  
Superintendent and Physician.

BINGHAMTON, July, 1870.



## New York State Inebriate Asylum,

BINGHAMTON, BROOME COUNTY, N. Y.

EIGHT HOURS FROM NEW YORK CITY BY THE ERIE RAILWAY.

### APPLICATION.

I request that.....of.....  
in the County of.....in the State of.....  
may be admitted as a patient of the New York State Inebriate Asylum, for such length of time as the Superintendent and Physician, upon a full examination of his case, may deem necessary.

In all applications for admission to the Asylum the following questions are required to be answered either by the applicant or some friend, as fully and explicitly as possible :

1. Applicant's name in full ?
2. Age ?
3. Married or Single ?
4. Birthplace ?
5. Residence ?
6. Occupation ?
7. What diseases or symptoms of disease have appeared in the history of the applicant ?
8. State if his parents have been subject to insanity or any disease ; also if either have been intemperate ?
9. Has applicant ever had delirium tremens ?  
If so, how many attacks ?
10. Has applicant ever had convulsions ?  
If so, how many attacks ?
11. Has his drinking been constant and regular, or periodical ?
12. What is the present condition of the applicant's health ?  
State as explicitly as possible.
13. What means has applicant or his friends to pay for his board and care ?

Upon entering the Institution, the patient, or some friend in his behalf, will be required to execute a bond or obligation, to be signed by himself, and one responsible surety, residing within the State, in the following form :

### OBLIGATION.

In consideration of.....being admitted as a patient to the New York State Inebriate Asylum, the undersigned promise the corporation of said Asylum, to pay to the Superintendent thereof, at said Asylum, quarterly in advance, on the first day of each successive three months, the sum of.....dollars per week for each week and fractional part of a week of such succeeding three months, for which such patient has been or may be admitted, for the medical treatment and board of said patient. Also, to pay for extraordinary medical and other extra attendance, should such attendance be necessary ; to provide or pay for such requisite clothing and other articles as the Superintendent may deem necessary for the health and comfort of said patient ; to remove said patient when discharged ; to reimburse such necessary expenses as may have been incurred in case of his death ; and to pay all damages which may be committed by said patient upon the property of said Asylum.

Witness our hands this.....day of.....187

.....Principal.

.....Surety.



## Rules and Regulations.

All persons, in becoming inmates of the Institution, bind themselves to observe and obey the By-Laws and Rules governing the internal affairs of the Asylum. Any deliberate violation of them will be considered good cause for removal from the Institution.

No patient will be received for a less period than three months, nor, in the first instance, for a longer term than one year. In order that the benefit to the patient may be permanent, the Superintendent and Physician will, upon a full examination of each case, determine the length of time for which the patient will be received. Females are not admitted.

**FREE PATIENTS.**—Any Inebriate having a permanent home within the State, whose circumstances render it necessary, may be admitted to a free bed, at the discretion of the Committee on Management and Discipline. If a free bed is applied for, the applicant or his friends must give satisfactory proof of the inability of the applicant or of his family to remunerate the Institution for his support during his stay therein. And in addition to such proof, the applicant must furnish the certificate of the County Judge of the County where he resides, and if a resident of the City of New York, of the Mayor of said city, that he is a proper person to be received into said Institution, as a free patient.

**PAYING PATIENTS.**—All other persons will be charged according to the rooms, attendance and accommodations furnished them, taking into consideration their ability to pay; in all cases payment in advance, for three months, will be required. No money will be refunded should the patient leave before the expiration of the three months, without the consent of the Committee on Management and Discipline.

**COMMITTED PATIENTS.**—The Committee on an habitual drunkard, duly appointed under the provisions of the Laws of this State, can place such habitual drunkard in the Asylum, and authorize his detention under such restraint as may be necessary to prevent his escape.

Chapter 266 of the Laws of this State, passed March 31, 1865, entitled "An Act for the better Regulation and Discipline of the New York State Inebriate Asylum," provides as follows:

"§ 4. Any Justice of the Supreme Court, or the County Judge of the County in which any inebriate may reside, shall have power to commit such inebriate to the New York State Inebriate Asylum, upon the production and filing of an affidavit or affidavits, by two respectable practicing physicians, and two respectable citizens, freeholders of such County, to the effect that such inebriate is lost to self-control, unable from such inebriation to attend to business, or is thereby dangerous to remain at large. But such commitment shall be only until the examination now provided by law shall have been held, and in no case for a longer period than one year."

The Courts have decided that in order to make such commitment legal, the party proceeded against must have notice of the application for such warrant of commitment.

At a meeting of the Trustees of the New York State Inebriate Asylum, held in the City of Binghamton, Oct. 26th, 1868, the following resolution was passed:

"Resolved, That hereafter the price of admission to the Asylum shall be TWENTY DOLLARS PER WEEK, with payment of three months in advance, which shall include all charges for ordinary care and attendance, but the Committee on Management and Discipline may reduce the price upon a presentation of the facts upon which a modification is requested."

*The rule is not less than \$15. per week for patients outside the State - Think he can be admitted for \$10. Let him come a trial -*



## RULES FOR THE PATIENTS.

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1. All patients entering this Institution are expected to remain at least three months, and are required to pay \$20.00 per week for their board, medical attendance and other accommodations. These requirements shall be modified only by the special action of the Committee of Management and Discipline.

2. Patients are expected to be prompt in their attendance at meals, and upon the religious exercises of the Institution ; they are required, also, to retire to their rooms by ten o'clock in the evening, and their lights must be extinguished by half-past ten.

3. No patient will be allowed to use spirituous or fermented liquors, and the use of tobacco is decidedly disapproved. Smoking within the building shall be allowed only in rooms designated by the Superintendent.

4. All the patients are expected to be present at daily prayers in the Chapel, and to attend the religious services of the Sabbath, conducted by the Chaplain of the Asylum.

5. Patients are not permitted to go off the Asylum grounds, except by leave of the Superintendent ; nor at any time without such attendance as the Superintendent shall appoint.

6. Patients shall not mar or deface the walls or ceilings of the Asylum ; nor shall they defile with tobacco, or in any way, its rooms, halls, stairways, or stone steps in front of the buildings.

7. Patients are not permitted to frequent those parts of the Asylum building devoted to culinary or other domestic purposes.

8. Patients are not allowed to parley with, or pay fees to, any of the servants or employees of the Institution.

9. Every patient is expected to aid in promoting the purposes for which the Asylum is established, and to aid his fellow-patients in the work of reform.

10. Every patient, on admission to the Institution, is required to sign the following pledge :

"I promise faithfully to conform myself to the above rules so long as I am an inmate of this Asylum."

By order of the Trustees.